



# PAC

Personalized Care  
in Women's Health

# SPRING 2023 PARENTING 1 & 2

Fridays at 10:30AM

at St. Brendan's Church in Cumming, GA

4633 Shiloh Rd, Cumming, GA 30040

DATE	English	Español
Jan 20	Safe Sleep/Car Sleep	Sueño seguro / seguridad en el automóvil
Jan 27	Labor Expectations	Expectativas sobre el parto
Feb 3	Unborn Baby's Secret World	El mundo secreto de tu bebe por nacer
Feb 10	Emotions of Pregnancy	Las emociones del Embarazo
Feb 24	Infant Expectations	Expectativas infantiles
Mar 3	Alternatives to Spanking & Rewards & Punishments	Alternativas a las nalgadas y las recompensas y los castigos
Mar 17	Importance of Bonding	La importancia de vincularse
Mar 24	Simple Infant Care	Cuidado infantil simple
Mar 31	Eating for 2	Comer por 2
Apr 14	Labor and Delivery: Getting Ready	Labor de parto y nacimiento: preparativos
Apr 21	Understanding Your Infant	Entender a su hijo
Apr 28	Fertility Session	La fertilidad
May 5	Postpartum Depression	Depresion postparto

Please note that classes listed above may not be offered on the day listed based on the availability of speakers

Sign up for all classes at [www.pac-woman.com/classes](http://www.pac-woman.com/classes)